

MOVE & NOURISH: TIPS FOR 5K TRAINING

Here are some tips to help you be successful as you begin your training:

- **Check Your Readiness:** If you have not been physically active in a while consider completing a [Physical Activity Readiness Questionnaire \(PAR-Q\)](#) to help you decide if you need to talk to your doctor before beginning an exercise plan.
- **Proper Footwear:** Visit a local store with knowledgeable staff to find the right walking shoes if yours are worn or uncomfortable. Replace them every 300-500 miles, or roughly every 6-12 months if you walk 30 minutes a day, five days a week. Shoes should fit comfortably and provide support from the start with enough room for your longest toe, allowing for swelling during longer walks or warmer weather.



FUEL YOUR ACTIVITY

Breakfast is key. If you exercise in the morning, get up early enough to finish breakfast at least one hour before your workout. Studies suggest that eating or drinking carbohydrates before exercise can help you do better during your workout.

Eat a combination of protein, fat and carbohydrates. Think eggs, a banana with toast and peanut butter, or oatmeal with fruit and nuts. As a rule, choose whole foods rather than processed. When it comes to prerace fueling do **“nothing new on race day.”** Be sure to fuel yourself with foods you are accustomed to.

Hydrate! Drink half your body weight in ounces each day. For example, if you weigh 150 pounds you will want to consume 75 ounces of water.

STAY MOTIVATED

Having a **training buddy** can help you stick to your plan. It is also helpful to **sign up for a race** to have a concrete goal to work toward.

Check out these local events:

RunVermont

<https://www.runvermont.org/event-calendar/>

VT Corporate Cup & Agency Race

<https://www.vcccsar.org/>



Scan the QR code for more tips.

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MY 5K TRAINING PLAN:

	This week's workouts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1								
Week 2								
Week 3								
Week 4								

	This week's workouts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5								
Week 6								
Week 7								
Week 8								